

Guide 12. Build a Purposeful Life Through Joy, Contribution, and Meaningful Work

This worksheet helps you understand how purpose is built in real life — through what brings you joy, how you contribute, and how you spend your time and energy each day.

Part 1: Awareness — How Purpose Shows Up in Your Life Right Now

Purpose doesn't disappear — it becomes quiet when it's unsupported.

1. How Does Your Life Feel Lately?

Answer honestly, without trying to "fix" anything yet.

Most days, my life feels:

- Meaningful
- Busy but disconnected
- Stable but unfulfilling
- Energizing
- Draining
- Somewhere in between

At the end of most days, I feel:

- Satisfied
- Tired but fulfilled
- Emotionally empty
- Proud
- Uncertain
- Ready for something more

One recurring thought I've had about my life direction is:

2. Checking the Three Pillars of Purpose

For each area, check what feels most true *right now*.

Contribution (Giving / Impact)

- I feel useful and connected
- I give, but it drains me
- I want to contribute more
- I'm not sure where I fit

Joy (Fulfillment / Energy)

- I experience joy regularly
- Joy feels occasional
- Joy feels missing
- I don't make space for it

Work (Time / Effort / Direction)

- Feels aligned
- Feels tolerable
- Feels draining
- Feels disconnected from who I am

One area that feels supported right now:

One area that feels most misaligned or heavy:

Part 2: Reflection — Reconnecting With Joy, Giving, and Meaning

Purpose often shows up through feeling — not logic.

3. Joy as Information

Joy doesn't have to be productive to be meaningful.

Activities or moments that make me feel lighter or more like myself:

Things I enjoyed as a child or earlier in life that I've drifted away from:

When I imagine a more joyful life, I picture:

4. Contribution Without Burnout

Giving doesn't mean overgiving.

Ways I already contribute — even in small or quiet ways:

Times I've felt most fulfilled helping or supporting others:

One way I could give that feels energizing, not draining:

5. Meaningful Work & Energy

Purposeful work doesn't mean loving every minute — it means alignment.

Parts of my work or daily responsibilities that feel meaningful:

Parts that feel misaligned or depleting:

If my work reflected my values more clearly, it would look like:

Part 3: Alignment — Building Purpose Gently

Purpose grows when your life supports who you are becoming.

6. Values Over Titles

Purpose comes from values — not labels.

Values I want my life and work to reflect more clearly:

(Choose 3–5)

- Growth
- Contribution
- Freedom
- Creativity
- Stability

- Compassion
- Integrity
- Balance
- Learning
- Community

One value I want to honor more intentionally:

7. Tiny Purposeful Shift

This guide is not asking for a big leap — just alignment.

One small change I can make this month to support purpose:

(Example: making space for joy, helping in a new way, adjusting how I work, setting a boundary)

This feels realistic because:

I'll know this shift is working when I feel:

8. Closing Reflection

Finish this sentence honestly:

"A purposeful life for me isn't about having all the answers.

It's about _____."

Reminder Before You Move On

Purpose is not pressure.

Purpose is direction.

You don't need to overhaul your life.

You don't need to find one perfect calling.

You don't need to rush.

When joy, contribution, and aligned effort are supported — purpose follows.

Return to this worksheet anytime life feels flat, draining, or disconnected.

Purpose isn't gone.

It's built one aligned choice at a time.